



WELL AWARE

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Contact Us

DelaWELL

<http://www.delawell.delaware.gov>

1-800-556-6106

Employee.wellness@state.de.us

StayWell

<https://delaware.online.staywell.com>

1-800-926-5455

Winter Fruit Salad

Makes 2 servings

Calories Per Serving: 90

Ingredients:

- 1 tangelo, peeled, pitted and sectioned
- ¼ pineapple, cored and cut into chunks
- ½ medium banana, sliced
- 1 tablespoon orange juice
- ½ teaspoon chopped, fresh mint

Instructions:

- Mix the fruit in a bowl
- Sprinkle with the orange juice and chopped mint



Welcome!

Welcome to Dela**WELL**'s first edition of Well Aware! Spring is in the air and it's time to do a little spring cleaning around the house, around the office, and for some of us, around our mid sections! If winter has left you with that dreaded 10 extra pounds, don't panic! Well Aware is at your service, providing tips and encouragement for you to begin a healthier lifestyle and shed those extra pounds for good. If you're already fit and healthy, Well Aware will help you stay that way. Each month, we'll keep you up to date on our exciting program initiatives, current health observances, and nutritious supplements to your daily diet. We'll even dispel those age old myths about diet and exercise that may be impeding your progress towards a healthier you!

Do you have questions regarding exercise that you've been dying to know the answers to but just didn't know who to ask? Well Aware is here just for you! Our very own Fitness Guru will provide answers to those burning questions. You'll even be able to submit your questions to him and get responses in upcoming issues.

Please call or email us and let us know how we're doing. Submit your Fitness Guru questions, or just tell us some of the things you'd like to see featured in Well Aware! You can also visit the StayWell website for health quizzes, recipes and healthy living tips!

Best of Health!

The Fitness Guru Says...



Ladies, are you having trouble with that top button on your favorite pair of jeans? Guys, are the buttons on your work shirts screaming for a release? If so, it's time to put up your dukes and fight to win the battle of the bulge!

Forget about focusing on countless crunches and hundreds of sit-ups. When it comes to getting rid of belly fat, the Fitness Guru says cardiovascular exercise at least 30 minutes a day about 5 days a week, strength training 2 or 3 times a week and proper nutrition are essential. To promote additional weight loss, you can increase your cardiovascular exercise to 60 minutes a day.



Would You Believe?

- * The average person will drink 8,000 gallons of water during their lifetime
- * A pack-a-day smoker will loose approximately 2 teeth every 10 years
- * Every time you lick a stamp you consume 1/10 of a calorie



Upcoming Events:

Sign up today on our website for one of the “Advance Care Planning: Healthcare decision making for you and your loved ones” information sessions! Sessions begin April 7, 2009 and are available in all three counties.



Cardiovascular exercises like walking, jogging, swimming and bicycling are excellent calorie burners. Your strength training exercises should emphasize the major muscle groups (chest, arms, back, legs and abdominals). For some ideas, visit <https://delaware.online.staywell.com>. Strength training will help to build muscle mass. An increase in muscle mass means you will burn more calories even while at rest!

Taking in fewer calories than you burn off will help to shrink belly fat as well. Use smaller plates, choose high fiber foods (fruits/vegetables, whole grain products), drink fluids with each meal, compare food labels and refrain from eating in front of the TV.

Think of your body fat as one organ, located throughout your entire body: without liposuction, you can't take the fat off of just one spot. The good news is as the fat begins to melt off your body, it will melt off your belly as well! Before you know it, you'll be dancing around in those troublesome jeans or happily buttoning your work shirt with ease!

Eat This, Not That



It's lunchtime and hunger pangs are a-knocking! There's no need to fear...a chicken meal is near! But wait...which chicken meal should you choose? If this is your lunchtime dilemma, eat Boston Market Chicken meal, not KFC Original Recipe Chicken meal!

Boston market offers slow-roasted thigh and leg portion which creates its own succulent natural juice. No saturated oils here! Add sides of garlic-dill potatoes and green bean casserole and you'll have a healthy lunch with only 300 calories, 17 grams of fat.

We have figured out what KFC's secret recipe really is. The secret is breaded chicken dipped in a fryer full of bubbling oil! With a whopping 460 calories and 32 grams of fat, you will probably carry this chicken meal much longer than you'd like to!

It's Alcohol Awareness Month



Alcohol Awareness Month is an annual observance that encourages our communities to focus on alcoholism and alcohol-related issues. According to Dr. Pedro Ruiz from the American Psychiatric Association, alcoholism is a treatable disease, not a moral weakness, and people who are addicted to alcohol can and do recover. Did you know that 2 pints of lager contains 400 calories, the same number of calories in about two slices of pizza? That's about 8 Weight Watchers® points! If you're watching your weight, try to avoid the empty calories associated with alcohol consumption. At the next happy hour, try replacing mixers with pure fruit juice, lowering the amount of alcohol in your drink or squeezing in lemon or lime for added flavor. Always remember to drink responsibly and don't let unwanted calories crash your diet!

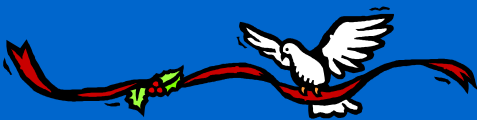
National Start! Walking Day
April 8, 2009



*Offering Employee Assistance
Programs*
Human Management Services 1-800-
343-2186

*"When one door of happiness
closes, another opens."*

-Helen Keller



Coping During Stressful Times

Have you been feeling a bit stressed lately? You're not alone! Well Aware wants to help you combat negative energy by offering tips on how to attain emotional, physical and mental wellbeing. Experts have proven that people who have a more positive view of life will experience far less stress, be healthier and more successful than those who anticipate the worst. Positive thinking is not just healthy, it's contagious! Here's what you can do to spread the "*positive thinking bug*" around in your office:

- ☺ **Take control of your thoughts** – turn off negative thoughts by learning to choose more positive thoughts about yourself, others and the world around you.
- ☺ **Recognize what you can control and what you cannot** – Understand that you can control things like your thoughts and actions but the weather and the world's economic status are outside of your scope of control. Concentrate on actions that support your goals and desires then, let go of the rest! There's no need to become stressed over things you can't control anyway.
- ☺ **Practice gratitude and appreciation** – Focus on positive aspects of your life rather than dwell on things that you perceive as negative. Practice thoughts and feelings of gratitude and appreciation for the beauty and blessings in your life.
- ☺ **Think about the big picture** – If you are having a difficult time, think of it as temporary or as an opportunity for growth rather than a permanent disastrous instance.
- ☺ **Find a healthy balance** – Achieving wellness is multi-dimensional. Ask yourself if there is enough healthy balance in your life physically, emotionally and spiritually. Physically, you can begin to improve your exercise and eating habits. Emotionally, you should develop a support system of people that you can share and be real with. Spiritually, begin to connect with something that gives you comfort.
- ☺ **Utilize prayer/journaling/affirmations** – Use prayer to help you achieve a sense of deeper connection. Journaling will help you express your true thoughts and feelings and be able to tap into your true self. Positive self-love affirmations help aid in changing negative beliefs about yourself, others and the world around you.
- ☺ **Own your personal power** – Every human being has complete power and control over their thoughts and actions. Begin to recognize this natural power and learn to use it to promote your wellbeing.

Resource: www.lbknews.com

National Women's Health Week



National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health (OWH). National Women's Health Week (NWHW) encourages women to take simple steps to achieve a longer, healthier, and happier life. NWHW provides education regarding steps to improve women's physical and mental health and lower their risks of certain diseases. Women should:

- Get at least 2 ½ hours of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both each week
- Eat a nutritious diet.
- Visit their health care professional for regular checkups and preventive screenings.
- Avoid risky behaviors, like smoking and not wearing a seatbelt.
- Pay attention to mental health, including getting enough sleep and managing stress.